Progress

230901 Sich klar werden, was man gerade tut; Ziele vergegenwertigen: "Mach das, mach das nicht."
230920 "Mach das, mach das nicht" ist deutlich einfacher durchzuführen. Vielleicht bin ich zu alt. Also, Gedankenführung.
230929 continueing to wake myself unwantedly
231001 what if intelligence is heavily based on attention switching or more specific the time it takes to switch. i will practice this. a good env si playing videogames and watching /listening to a lecture. think about it: i decided on grabbing the phone in my pocket and changing the song. as i do this quite frequently i shift my attention onto my view and recognize a person. i look away while my hand has now moved inside the pocket. shifting attention to the feel of the third button to skip the song i can already focus on the bus arriving at the distance. but that information is not yet important so i can enjoy the intro. i know the rest i can autocomplete. think about the persons name. where i met them. a scene, their behaviour. i am watching cars passing by as my eyes have to do something. dont stare to much at something, i think inbetween, it looks weird from their perspective. back to the bus. still moving. playing out a scene where the person saw me in the eye while passing by. recognizing. i start talking. you are from the ... right? what was your name again? conversation. a guy waiting drops his phone... another two people talking about some show, everyones talking about it. i am starting another play of a conversation. it feels good. more cars. bus almost here. i lower my bag. take out my ticket. this is a difficult motor task. now i stand there holding the card. watching others realizing the approach. skipping inbetween the people and the pavement. not to much attention. a little longer on her. make her notice unnoticed. if she were like me. bus brakes. i should try. line up. there is no one other who can do this. i would have noticed. noticing the direction of my head. taking a peak. making me nervous. i am only watching the windows to find a seat. going inside. autopilot. no use in thinking. echoing the music. taking in the smell. recognizing the bus from yesterday. the driver from three days ago? seat is being taken. pardon me while i burst and rise above the flames. consciously ignore the person on the other side of the road. attention to the movement of the girl behind me. she takes a seat. i do two rows behind. not there. the seat at the window is too discolored. slide the bag down in and sit in one movement.other side of the road staring. only thoughts more plays. no visual interception. heat. stink of gas,

motor, muffige bezüge, deodorant, perfume, sweat. continuing.
231015 no progress, too many drawbacks, sorry